



Christmas Greetings

Easterly Echoes

Mrs. M. Czeperek has been enjoying a visit from her uncle from Vancouver.

Mr. and Mrs. Jack Savard are happy to announce the arrival of a 7 pound, 4 ounce baby daughter, Gloria Darlene at the Wainwright hospital on December 8th, a sister for Lorraine and Edward.

Mr. and Mrs. John are proud to announce the arrival of a baby son in the Wainwright hospital on December 11th. Mr. and Mrs. John came from Holland this last year.

At the Battle River W.I. meeting the following officers were elected: President, Mrs. M. Enger; 1st Vice-Pres. Mrs. A. Bacon; 2nd Vice-Pres. Mrs. W. Dotson; Secretary, Mrs. W. Sanders; Treasurer, Mrs. C. Steele; Directors, Mrs. R. King, Mrs. G. Fenton, Mrs. Barton and Auditors Mrs. H. Pascha and Mrs. Wes Bacon. The secretary's yearly report given by Mrs. W. Sanders showed a busy year of varied activities and Mrs. G. Fenton's treasurer's report showed it was a financial success too.

Mrs. K. Stougaard left on the morning of the tenth for Los Angeles, California, where she plans to visit with her daughter, Mrs. Campbell and son Holgar for the winter. Her first stop will be with her sister in Seattle until after the Yuletide season.

Mr. and Mrs. Ralph King and son Norman made a business trip to the Christmas Concert at Crescent Hill will be on December 23rd. "The air is full of gladness, The day is full of cheer, It's time to send a greeting. For Christmas is here! And in this little message, You'll find a wish or two, To make this Christmas Season A joyous one for you!"

Merry Christmas — Happy New Year.
—Your Scribe.

IRMA RINK WINS AT VIKING

An Irma foursome of curlers, fully equipped with brooms and enthusiasm, visited Viking on Wednesday to participate in a curling event, where a rink each from Killam, Edgerton, Innisfree and Irma played a round robin draw with 4 Viking rinks.

The Irma rink of Harold Fuder, Merle Knudson, Herb Black and Charlie Milne took home first prize.

They report having a very fine afternoon and are high with praise for the excellent way that the Viking boys entertain visitors.

Irma Curlers Form Rinks

The weather is cold but the Irma Curling Club seems to thrive on it and is away to a flying start. The ice seems to be the best yet while the quality of curling displayed has reached a new high. Here is a list of the rinks now playing:

Men's Club

A. McClure, S. Knowles, A. Firkus, C. Firkus.

W. Frickellon, C. Anquist, K. Gulbraas, S. Gordon.

R. Kirkman, S. Fenton, S. Hlynka, D. Hockett.

W. Lawson, D. McKay, I. Bolger, V. Barber.

I. S. Reeds, V. Torrens, H. Inglis, P. Touchette.

J. C. McLean, K. Coffin, F. Clumstad, H. Riley.

C. Milne, M. Knutson, H. Fuder, C. Pyle.

A. C. Archibald, C. Smallwood, D. Gunn, H. Larson.

N. McMillan, G. Fischer, R. Burton, Mrs. G. Fischer.

S. Brown, R. Taylor, R. McFarland Jr., W. Enger.

H. Black, P. Jones, R. McFarland Sr., C. Savard.

J. McKay, D. Simmermon, E. Jackson, H. Tomlinson.

V. Sampson, J. Ostad, R. Ramsey.

L. Bars, J. Bars, L. Currie, R. Currie.

I. Hardy, R. Johnson, G. Coulter, F. Lukens.

Ladies' Club

Evelyn Prior, Shirley Enger, Ethel Murphy, Lucille Touchette.

Mrs. Smallwood, Mrs. Hines, Mrs. Sather, Mrs. Pond.

Mrs. Milne, Mrs. Taylor, Mrs. Torrance, Mrs. Darke.

Mrs. S. Fenton, Mrs. C. Archibald, Mrs. M. Enger, Mrs. Clumstad.

Mrs. Anquist, Mrs. McFarland, Winnie Reeves, Charlotte Milne.

CARD OF THANKS

I wish to thank all of my friends for the lovely cards, fruit and flowers I received during my stay in the Wainwright hospital and after my return home. All was very much appreciated.

Alice L. Flewelling.

FOR SALE

Purbred Hereford bull. C. Ramsay, Irma, 17-31p.

FOR SALE

One set new 24" steel sleighs. Apply H. Riley, Irma, 17p.

FOR SALE

3 year old, well broken saddle mare. Phone R216, Arnold Enger, 17p.

LOCALS

Don't forget to come to church 15 minutes earlier on Sunday next as there will be carol singing in the United church from seven fifteen to seven thirty.

The United church Sunday School party will be held in the United church on Wednesday, December 22nd. All parents and friends of the Sunday School are welcome. A special offering for the People's Christian Home will be taken at this time.

Irma never looked more Christmasy than it does this year. All the stores have gone to a lot of trouble to have their windows and interior decorated especially nice. There are more lighted Christmas trees than ever, either standing in the front yards of private residences or displayed in living rooms. Let's hope it's our happiest Christmas yet and as Tiny Tim observed, "God Bless us everyone."

Miss Jeannene and Lorna Arschibald were recent visitors to the Irma.

Miss Watkinson returned from Wainwright hospital on Monday evening and is convalescing very nicely.

Our C.N.R. agent, Mr. E. H. Targett, is sporting a black eye for the Christmas season and taking a lot of good natured joking in regard to the same. We feel it only right to aver that he did not run into a post, and at top speed, too, breaking his glass and cutting his head. He is glad that nothing more serious than this spectacular shiner resulted from the collision.

Mr. and Mrs. Herbert Larson, Mrs. Mabel Mellott and Lloyd and Mr. E. Hansen were on a Christmas shopping trip in Edmonton recently.

Mrs. Dick McRoberts visited last week-end with her father, Mr. Horn, of Wainwright.

Mrs. M. Czeperek is enjoying a visit from her uncle, Mr. John Koblar.

All places of business in Irma will be open until late Friday night December 24, and will not reopen until the following Tuesday morning.

The next meeting of the Irma Young People's Association will be held in the United church on Tuesday, December 21, at 8:00 p.m. This meeting will be the Christmas party with Ethel Murphy in charge of the entertainment. All Young people are cordially invited to attend.

We are glad to acknowledge a letter from Mrs. Carswell at Cranbrook, B.C. Mrs. Carswell is the former Rose Sharkey and tells us how much she enjoys the Times and also the visits she gets from Irmaite who pass through Cranbrook when on their travels. Her latest callers were Mr. and Mrs. A. D. Glasgow, Aletha Margaret Glasgow and Mrs. Jas. Pond. Mrs. Carswell's father, Mr. E. E. Sharkey is spending the winter with his daughter. Mrs. Carswell sent us a recipe which will be published shortly.

Kind Remembrances At Christmastime



NEWS ITEMS FROM JARROW

Miss Carol Ahlf, who has been staying with her grandmother, Mrs. D. Whidden for the past few months, has returned to her home at Edson.

Word has been received from the coast of the death of Mrs. Matt Lockhart on December 4th. The Lockharts lived north of Jarrow for some years and will be remembered by many of the old timers. The sympathy of the community go out to Mr. Lockhart and their two sons.

Mr. and Mrs. Wilbur Myers and children are leaving this week on a trip to the state of Louisiana where they will visit with Mr. Myers' grandmother and other relatives. His sister, Mrs. Hardy and children, will accompany them on the trip.

Alfred Oracheski is helping out at the Myer's home and will be there to look after things in general during their absence.

Another of our neighbors is seeking warmer climate for the winter...

Mr. and Mrs. Wm. Lockhart left on Tuesday for a visit to the coast where they will spend Christmas and the early part of the winter with friends and relatives.

Northern Nuggets

Allen Hardy returned from Feeder's lumber camp on Monday last.

Messrs Edgar and E. J. Jones, Wm. Ramsay, S. Gordon Ramsay and Douglas McKenzie went up to Edmonton early this week.

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A good thick gravy can be made by adding the water in which rice has been cooked.

Notice To Farmer Curlers

The Farmers' Bonspiel will be held Tuesday, Wednesday, December 28 - 29. Each rink must have 2 inexperienced players.

Anyone who has curled no more than one bonspiel previously is counted as inexperienced.

REPORT OF W.C.T.U. MEETING

At the regular W.C.T.U. meeting held Saturday last a resolution was passed urging each member, having protested against "liquor to which she is a subscriber, if the remonstrance is not heeded, he cancel her subscription, explaining why.

The evangelistic superintendent delivered an eloquent appeal that youth be surrounded with an environment that will lead to good influence.

The president gave a brief address on the theme "I am my brother's keeper," illustrating the fact that every individual adult has a definite responsibility in the upholding of both moral and statutory law.

Next meeting date January 15, 1949.

Come to Church

AVONGLEN GOSPEL MISSION

Services for week Dec. 17-21

Sunday:

11:00 a.m.—Impromptu Christmas program by the Sunday school children. Parents are invited to attend.

7:30 p.m.—Special Christmas service.

Tuesday:

8:00 p.m.—Prayer meeting and Bible study.

You are always welcome.

Rev. R. E. Oswald,

"For ye know the grace of our Lord Jesus Christ, that, though He was rich, yet for your sakes He became poor, that ye through His poverty might be rich." II Cor. 8:9.

"He laid aside His purple robe for a peasant's gown. He was rich yet for our sake He became poor. How poor? Ask Mary! Ask the wise men! He slept in another's manger. He cruised the lake in another's boat. He was buried in another man's tomb. He became Son of man, that we might become sons of God. He suffered for our sins, the just for the unjust, that He might bring us to God. Are you rich in Him?"

IRMA GOSPEL MISSION

Sunday

10:45—Sunday school and Bible class.

Wednesday:

Mid-week prayer meeting at 8:00 p.m.

We cordially invite you to our services. You are always welcome.

Geo. E. Warnock, pastor.

"For unto you is born this day in the city of David a Saviour Which is Christ the Lord." Luke 2:11.

ST. MARY'S CHURCH

Service of Holy Communion will be held in St. Mary's church on Christmas Eve, December 24, at 11:30 p.m.

Everyone is cordially invited to worship with us at this service.

UNITED CHURCH

Christmas Services

Strawberry Plains 11:00 a.m.

Albert—2:00 p.m. Service in the home of Mr. C. L. Currie.

Irma—Sunday school 11:00 a.m.

Worship service 7:15 p.m.

There will be carol singing starting at 7:15, special music by the choir and a Christmas message by the pastor.

Luke 2:14 "Glory to God in the highest and on earth peace, good will toward men."

10-17

Wainwright School Div. No. 32

Reports World Air Gradually Getting Dirtier

NEW YORK. — The air of the entire world is getting dirtier, and the 19 deaths from smog at Donora, Pa., may be a warning. Much of this extra dirt is an invisible element, fog made of gases from an industrialized, motorized civilization.

The facts on world-wide pollution are published in the year book of the Carnegie Institution of Washington. These studies were made over the oceans, the areas with the earth's purest air.

"The air about us," the report says, "is gradually becoming polluted with foreign gases. These gases owe their origin to varied industrial operations and to eruptions from volcanoes."

The polluted atmosphere is not confined to land areas, but extends far out to sea.

The products of pollution appear to be gradually increasing in the air over the main ocean industrial areas, near the principal ocean trade routes, and also over the more isolated regions of the ocean."

This over-ocean pollution, says the report, apparently doubled from 1914 to 1929.

The Carnegie report does not specifically mention the pollution created by the average citizen, and his car exhaust.

The air of cities is more polluted to about 800 times more polluted than ocean air.

In the average city Dr. Helmut Landsberg, of Pennsylvania State College, calculates that each person breathes in about three hundred million very fine particles called "mud-clay" every minute, and that ninety million of them are retained.

Atomic energy, which contains the greatest of all potential dangers for poisoning the air, promises to be the turning point toward world wide pollution for pure air.

KEPT RATIONS FOR THIRTY YEARS

NOTTINGHAM, England. — Opening two tins she had kept for 33 years—one of asparagus, the other of "iron rations"—Mrs. J. Hinton found the contents in good condition. The "iron rations" dated 1906, comprised cocoa and hard biscuit.

: STAMP CORNER :

By JAMES MONTAGNE



—Stamps courtesy Alden C. Johnson, Toronto.

New issues recently received include (top left) Uruguay's stamp of the industrial and agricultural exhibition of Andean countries; (top center) a set of four stamps showing the 1936 Olympic games in Berlin; (top right) Paraguay's set to the centenary of its merchant fleet; and (below, left to right), a Greek stamp to mark the 1941 parachute invasion of Crete by the Germans; Czechoslovakia's stamp to Dr. Vanicek, a leader of the national Sokol games; and Poland's stamp to the 1948 stamp fair.

Among the many ways of specializing, there is one which allows for a small stamp collection which will be very interesting for the collector as well as to show to others. This is the collecting of tete-beche pairs.

This highly specialized form of stamp collecting consists of finding certain error types of stamps. The error occurs in the stamp printing process in many cases, resulting in one stamp being printed upside down. Thus South Africa has a tete-beche pair in the 1½-pence value of the King George V portrait stamp.

There are some other countries which have had these errors pairs develop in them. This is the case in the United Kingdom, where the 1½-pence value of the King George V portrait stamp is issued.

New issues . . . Ellis is to issue two sets to the 1948 stamp fair against political and racial oppression. Stamps will feature Theodore Wolfe Tone . . . Barbados is to have a pictorial set early in 1949, values from 1 cent to \$2.40. Iceland is issuing a set of seven stamps to mark 27th eruption in nearly 1,000 years of the Hecla volcano . . . Germany (Russian occupation) has issued a set featuring German authors, painters and politicians . . . Japan has issued a set to national athletic games . . . Austria is issuing a stamp, featuring President Dr. Karl Renner, on 30th anniversary of country becoming a republic . . . Yugoslavia has issued a set to an economic exhibition held at Trieste.

Also, a set to mark the centenary of the death of Armenian author Khatchadour Avoyan . . . Fiji has issued new perforation for current half-penny stamp, 13½ instead of 12 . . . Cuba is issuing a set to the 50th anniversary of patriot Jose Marti.

Ed. Note.—If you have any old Canadian, Newfoundland or Prince Edward Island stamps for sale or exchange, write to our Advertising director, Mr. Pratt Kuhn, 120 Wellington St. W., Toronto 1, Ont. Who is an amateur collector. Please enclose self-addressed stamped envelope for reply.

Newest Engine Could Travel Through Earth

LOS ANGELES. — A scientist says an engine can be developed to travel through the earth, with underground warfare a possibility.

The statement was made by Dr. Fritz Zwicky, professor of astrophysics at California Institute of Technology and director of research for Aero-jet, world's largest builder of rocket engines.

The scientist said studies are being made for "a propelled vehicle that will drill through the earth like a mole."

Such a machine he described as a "terrarium" engine. He said it would have great commercial use in drilling for minerals and petroleum.

Pistachio nuts may be reddish or yellow while on the tree; the kernel ranges from pale to green to cream, aplece.

Hockey game attendance figures show a big drop. Are the fans turning on the cold shoulder?

Britain's Bees Have Right To Sting

MALTON, Yorkshire, Eng.—British beekeepers have had a sigh of relief at India's ruling that bees have a right to sting.

Mrs. T. Mitchell charged in court that the bees of neighbor Francis Ellis had stung her 10 times in three years, sent her to bed, and cost her husband 10 working days spent in nursing her.

She wanted an injunction and \$30 damages.

The judge dismissed the case, saying Mrs. Mitchell's feelings, more than anything else, were hurt when she was stung.

JAPANESE FIRM PAYS WAGES IN MOUTH ORGANS

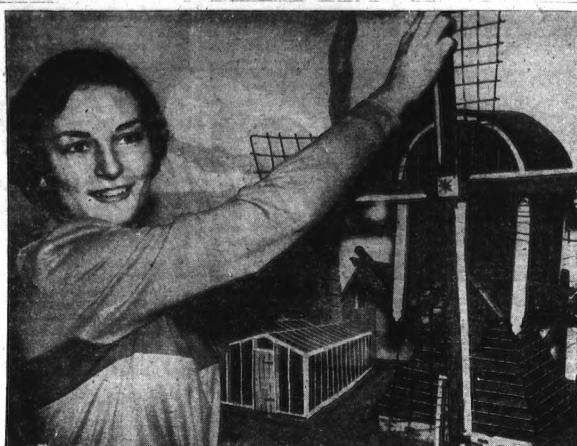
TOKYO. — Employees of the Ogura Music Company were in a position recently to play the blues. They were paid in mouth organs which had gone bankrupt and were paying them off in its product harmonicas.

Back wages and severance pay range from 15 to 25 mouth organs apiece.

A SCOTTISH CARTOONIST PORTRAYS "THE NEW MANDARINS"



Sharpe, in The Glasgow Bulletin.



New Drug In Asthma Treatment

NEW YORK. — A group of Brooklyn physicians recently reported "striking results" in the treatment of bronchial asthma with a new drug. The drug, actually a combination of two drugs, is known as hydralin and was described as the most effective found so far in the treatment of asthma.

The report came from Drs. Harry Markow, Samuel Bloom, and Harry Leibowitz, of the department of medicine, division of applied immunology, Beth-e Hospital. Results of their studies, reported in the New York State Journal of Medicine, were based on 81 cases of allergy, including 46 cases of bronchial asthma.

The drug they reported, is in tablet form. At the outset one tablet a day was given, and then the dosage was increased in some cases to six daily.

In a group of hay fever cases, 14, or 52 per cent, obtained definite relief, they reported.

They further said that in six cases of perennial allergic rhinitis the results were "disappointing, since in only one case was there any relief experienced."

"However, in the group of 36 asthmatics complicated by or complicating nasal allergy, the results were decidedly better than have been experienced to date with other antihistaminic drugs," they said.

An antihistaminic drug supposedly neutralizes the action of histamine, the suspect in the cause of allergies.

The new drug, a combination of hydralin, triethanolamine, and camphor, caused some unfavorable reactions in the patient, including drowsiness, weakness, and dizziness, but the benefits gained in most cases offset the bad effects.

"From evidence presented in this group of 81 cases," they said, "it can readily be seen that the chief value of hydralin as an antihistaminic agent lies in its treatment of bronchial asthma, either alone or when complicated by other types of allergy."

They said that "while the most striking results were noted in the treatment of bronchial asthma, hydralin has also proved of some value in the treatment of hay fever."

Ancient City Is Found In Jungle

MEXICO CITY. — Discovery of this group of 81 cases," they said, "it can readily be seen that the chief value of hydralin as an antihistaminic agent lies in its treatment of bronchial asthma, either alone or when complicated by other types of allergy."

They said that "while the most striking results were noted in the treatment of bronchial asthma, hydralin has also proved of some value in the treatment of hay fever."

Dayton, O. — Air force pilots soon may lie down on the job.

Fast jet warplanes, with their slim silhouettes, call for cockpit changes. The aero medical laboratory of the air material command at Wright Field has come up with an answer—the new seat belt for pilots.

One idea is to eliminate the drag-producing cockpit canopy. The other is to help the pilot withstand the great forces exerted in high speed turns without "blacking out."

The position is much like that of a person on his knees and elbows, with his head upright.

Body weight, except head and arms, is distributed over the nylon belt.

The pilot's head weight is carried on two chin pads of foam rubber covered with chamois leather.

Two metal pads on the ends of the belt grip the levers for flight and power controls.

The arm rests themselves are the major flight controls and move sideways, up and down, forward and backward.

The pilot's feet rest against pedals to operate either brakes or rudder.

Canada's Health Program Praised

BOSTON. — The American Public Health Association in convention here lauded Canada's new national health program.

A copy of an adopted resolution was sent to Health Minister Martin. It said the decision to distribute \$30,000,000 a year among the provinces to improve health "makes the year 1948 memorable in the annals of public health on this continent."

Pasteurized Milk Is Safe

ON THE SIDE — By E. V. Burling

If you dream at night,
To laugh when you're out of sight,
If when you're gone to count each hour,
To ask for the all-ruling Power
That you may kind and faithful prove:
Loyal, true, to all who love you,
To wish your fortune to partake,
Determined never to forsake
Though low in poverty we strove,
To be a friend to all who you'll call
To offer you my little all,
If this be loving — then I love.

How many things are cheaper than they were 40 years ago? Even a Young Old Timer with an unusual memory would have a struggle answering that query. However, there are such things. As for example the silver fox. Which used to cost \$1,000 a pelt in those days. Gradually the number of foxes engaged in breeding sires increased. So now a silver fox scarf costs about \$45 and it is a better fur than the one that sold for \$1,000 in 1906.

HORSES AND WOMEN

That song titled "I Don't Want Her, You Can't Have Her, She's Too Fat For Me" is distinctly unfair to plump women. It gives a wrong impression of the general situation. Some of the world's best looking women are in the middle class. Right now, Philip Edwards, a London widower, is leading through a number of newspaper advertisements a "short stout wife weighing about 15 stone". Fifteen stone is 210 pounds. You may wonder why Mr. Edwards seeks such a stout wife. It is because he was happily married for 20 years to a short woman who weighed 210 pounds. He wants his second wife to be as near like his first as possible.

SLOWED DOWN

After horse races thoroughbreds are given saliva tests and other tests designed to determine if the animal has been dosed. Something similar should be given to prize fighters. In some recent peculiar-looking bouts, it appears the loser has done the best he could. Investigation has been unable to prove whether a slow-down pill or some preparation that dulls him physically and mentally, his best is not going to be very good. The gamblers seem to have the New York State fight situation well in hand.



Season's Greetings



To all our patrons and friends
in the Irma District
we wish the best at Christmas Time
with a goodly measure of
Prosperity throughout the New Year

From Keith and Vic

V. Hutchinson and Co. Ltd. Irma, Alta



A Merry Christmas to All of You

May the glow of your Christmas
candles reflect all of the joys and
fulfilled desires of the past year
... and may that radiance forecast
the coming year as the best
and brightest of them all.



It is good to know that Christmas
is here again... good to celebrate
it, as in the past, with so many
fine people with whom we are
happy to be associated in this
community, and to whom we now
send

Our Most Hearty Christmas Greetings

Irma Garage

J. Ostad



CHRISTMAS IS A TIME when old loyalties
are not only remembered but strengthened.
We want you to know how much we
appreciate your confidence in us, and how
earnestly we wish for you

A Very Joyous Christmas

Shamrock Coffee Shop



THERE ARE A THOUSAND AND
ONE ways of extending the season's
greetings to you; but no words we
can put into writing, no words we can
frame with our lips ring with more
sincerity than the old-fashioned
greeting—

**Merry Christmas
To You**

Hansen's Service Station

Christmas

Today I wish to centre my thoughts on "The Christ of the Christmas". Naturally at Christmas time our thoughts turn to what took place in Bethlehem of Judea many years ago. Two verses of Scripture come to my attention in relation to the above. (1) "And she shall bring forth a son and thou shall call His name Jesus: for He shall save His people from their sins." Matt. 1:21. (2) "I am the good Shepherd: the good Shepherd giveth His life for the sheep." John 10:11.

These verses have much meaning. The first tells us that Jesus was to save from sin. The second the words of the Lord Jesus Himself, tells us that He was to die. The Lord Jesus Who was born at Bethlehem came to save, He also came to die. He came to save because all men everywhere are sinners. Without a Saviour it is impossible for them to enter heaven. Can you imagine sin in heaven? Never. It is a place of holiness, an unsaved soul wouldn't feel at home there. Salvation is necessary because "All have sinned and come short of the glory of God." Moreover the "Wages of sin is death." External separation from God.

We also notice that Jesus came to save His people from their sins. In other words when the Lord Jesus saves a soul He breaks the power of sin in that life, so that there is no longer any desire to walk in sin but holiness. The things of this world have lost their charm. They who are really born again by the Spirit of God no longer want the pleasures of sin for a season (for that is as long as they last at their best) no matter how alluring they may be... Like Abraham their affections are fixed on another world, so that like him they look for a city which hath foundations, whose builder and maker is God. A true Christian is other world minded. Are we?

The second verse I referred to tells us how this salvation is made possible. The good Shepherd (Jesus) gave Himself a ransom for sinners. He made our salvation possible, He the Lamb slain from the foundation of the world, took upon Himself at Calvary all our guilt, despising the shame, being made a curse for us, for it is written "Cursed is everyone that hangeth on a tree." We must be careful not to generalize these wonderful truths. Salvation is a personal thing. John 3:16 tells us that the "Whosoever, you, me or anybody else can have eternal life. The source of eternal life is in Jesus Christ." "He that hath the Son hath life; and he that hath not the Son of God hath not life." As many as receive Jesus have eternal life. How do we receive Him, you may

ask. By appropriating to our own hearts by faith what Jesus did for us at Calvary. He died for me, His blood atones for my sin. "The blood of Jesus Christ, His Son, cleanseth us from all sin." When we acknowledge our guilt (our sin) and confess our sin to God not to man, (for there is only one mediator between God and man, the man Christ Jesus). 1 Tim. 2:3. He will forgive us our sin and cleanse us from all unrighteousness. His blood atones for the soul "Without the shedding of blood there is no remission."

At this Christmas time, we celebrate the birth of the Lord Jesus. Is this all Christmas means to you? Remember He came to die in order that you may have eternal life, and escape the pangs of the damned for an endless eternity. Jesus is standing at your hearts door today, won't you let Him in? Rev. 3:20. Today He is your Saviour, tomorrow He may be your judge. Why? Be cause He arose from the grave and now sits at the right hand of the Father, waiting for the day when He shall judge the quick and the dead.

A story is told of a young man who, when driving a team of horses, had the misfortune of having a runaway. He was in serious danger of being killed when a man who knew him got the team stopped and saved his life. A number of years later this same lad was up on trial, was sentenced very heavily, and in a plea for mercy said to the judge "You know me don't you? I am the young man whose life you saved at such and such a time." "Yes," said the judge "I was your saviour then, today I am your judge." Just so my friend, the Lord Jesus, the one Whose birth we remember this Christmas season, is your Saviour. If you reject Him now, He will be your Judge at a later date.

Geo. E. Warnock.

Irma Times

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G. F. WILLOUGHBY
Optometrist
SATURDAYS
At Walker's Jewelry Store
WAINWRIGHT

"Merry Christmas"



Maybe you think the expression
a little threadbare, but not the way
we say it and MEAN it. It comes
fresh from a heart overflowing
with good cheer for you and yours
on Christmas.

IRMA HARDWARE

The long awaited
occasion is here
CHRISTMAS
—and with it the opportunity
of renewing friendships.



We cannot tell you how much these
friendships have meant to us. We
treasure them, every one.

Let us celebrate Yuletide with rejoicing
and good cheer. Let us celebrate it with a
genuine thankfulness in our hearts for the blessings
that have been ours to enjoy.

O. A. Lovig & Family



Christmas is the season of the open heart
and the open door. Let none stand out in
the cold or be unremembered.

In this community of good fellows where each helps
the other's happiness and all do their part towards
making the Christmas season enjoyable for
each and everyone, it is a privilege to be in a
position to serve you. We take great pleasure in
wishing you a Merry Christmas.

The Irma Drug Store

W. N. Frickelton



As we draw near the close of another year
may we extend to you and yours our grateful appreciation for your co-operation
throughout the year. To you and yours
we extend Christmas Greetings.

IRMA BLACKSMITH

Welding and Machine Works



May We Sprinkle
Some Good Cheer
On Your Christmas Tree

We'd like to have our own good wishes
represented on your Christmas tree—
a sprinkling of nice pleasant thoughts
for you and a garland of gratitude for
your kind patronage.

Club Cafe

Special Christmas Ice Cream Brisk



MERRY CHRISTMAS

As the light of Christmas again brightens
our faces and lightens our hearts, we turn
our thoughts from ourselves to help others.
For this is the spirit that first saw the light of
day in a stable at Bethlehem, two thousand years
ago, and which has endured ever since.

May God bless and protect you and your
dear ones and bring happiness to your
home this Christmas season.

IRMA POST OFFICE

THE NEW CONTRACT

Canada will soon be making a new contract
with Britain for the last year of the Wheat
Agreement. Farmers have already suffered
over a dollar a bushel loss for the past two years. Farmers
should insist, therefore, that the Government obtain a price
for the fourth year considerably higher than the present
price of class 2 wheat, which today is \$2.45 a bushel.

SEARLE GRAIN COMPANY, LTD.



LOW FARES FOR CHRISTMAS AND NEW YEAR'S

BETWEEN ALL STATIONS IN CANADA

GOING:

TUESDAY, December 21, 1948, to noon SATURDAY, January 1, 1949.

RETURN:

LEAVE DESTINATION up to Midnight, January 3, 1949.

Full information from any agent

CANADIAN NATIONAL

W.C. 100
SLEEPING AND DINING CAR
PRIVILEGES AT USUAL RATES

Now you are assured of an ample Supply of **DOMESTIC HEATING OILS** and **DIESEL FUELS** at the New Price!

Here's two-fold good news for home-owners, farmers and ranchers in Alberta and Saskatchewan! Imperial Oil is happy to confirm that:-

1 Ample supplies of heating oils and diesel fuels are now available at new, lower prices, and Imperial Oil can guarantee your supply.

2 Your oil burner and space heater dealers also are ready to provide you with new equipment and installations.

Now, for the first time in several years, you can install oil burning cooking stoves, space heaters, hot water heaters, stock trough heaters, chicken brooders and other oil burning equipment. Today's increased production and reduced prices have been made possible by the rapid development in Alberta of Leduc and Woodbend and the promising outlook for the new Redwater field. The present and future output of these new fields assures prairie refineries of adequate domestic crude oil supplies to meet all needs.

CONTACT YOUR
IMPERIAL OIL AGENT FOR
YOUR SUPPLY OF
HEATING OIL & DIESEL FUEL



SEE YOUR
OIL BURNING EQUIPMENT DEALER
NOW FOR SERVICE
AND NEW INSTALLATION

IMPERIAL OIL LIMITED

EVERYWHERE IN CANADA AND NEWFOUNDLAND

Christmas Message

Christmas is a happy time in our year, a time when love shines through and finds expression in gifts. No doubt you have been making preparations to give some gifts and someone has been choosing a gift for you, for giving is the key act of our Christmas season.

However, there are various reasons for our giving and I would like all of you to know why we do these things.

You recall how it all began. God so loved this world that He gave His only Son, the greatest gift the world has ever known. Jesus was born in Bethlehem that the whole world of mankind might learn how God wanted them to live and to think. The coming of Jesus Christ was the greatest event in all history and proved the turning point, for from then on men began to climb to a higher and fuller life seeking to establish peace and good will and to do the will of God as they had seen it in Jesus.

You recall some other Christmas gifts. The wise men came to Bethlehem bearing treasures, gold, frankincense and myrrh, and gave them to the Christ Child.

Many gifts have been given at Christmas time since then; some costly, others not so valuable in dollars and cents, but great in love.

When you are thinking of Christmas gifts this year, remember Jesus Himself: He Who came to bring light and life to you. Give Him something, the best is none too good, and the best gift you can give is yourself that henceforth in your time, your thoughts and efforts may be worthy of Him and you may be one of His ambassadors of peace and good will.

Rev. H. W. Inglis.

WANTED

Reliable man as Dealer in IRMA county. Experience not necessary. A fine opportunity to step into old profitable business where Rawleigh Products have been sold for years. Big profits. Products furnished on credit. Write Rawleigh Dept. WG-L-67-163, Winnipeg, Man.

Session of the Village Council

Minutes of council meeting held December 9, 1948, in the village office, Irma, at 8:00 p.m.

Messrs. V. Hutchinson, C. P. Jones and V. Symington present. Mr. Symington in the chair.

Jones—That minutes of previous meeting be adopted as read.

Voters' list under revision and completed.

Symington—That annual grant to Salvation Army be deferred till next meeting.

Jones—That streets and sidewalks be banded when necessary.

Matters relating to rink discussed.

It was agreed that Village furnish cost of new hockey nets, to be disbursed from \$100.00 already allotted for the rink at previous meeting.

Various other matters were taken up for discussion, these however, were all deferred till subsequent meeting.

Financial statement presented.

Municipal bank balance of Montreal, Cr. \$609.34; cem. trust \$120.02; agric. trust \$414.01.

Jones—That statement be accepted and following accounts paid.

Wainwright school division 32

4th quarter req. \$1,458.20

Irma M.H.D. No. 55 208.84

R. A. McRoberts, rink and night watchman 130.00

A. C. Charter, sal. Nov. etc. 80.70

W. Symington, council meetings, 1948 22.00

C. P. Jones, council meetings 1948 22.00

V. Hutchinson, council meetings, 1948 24.00

Dept. of pub. wel. OAP Oct. 14.50

C. Anestul, fuel oil, etc. 44.15

Imp. Lbr. Co., ac. Nov. 30 20.80

Mun. Dist. Wainwright, grading streets 25.00

Irma Blacksmith, material and labor 8.75

Irma United Church Ladies' Aid, stove, rink 5.00

Alta. Gov. Tel. Nov. '48 4.30

V. Hutchinson and Co., rink supplies 13.84

United Grain Growers, coal, rink 12.90

Fire equipment examined and found O.K.

Jones—That we adjourn.

A Christmas Thought

These are days when we are all in a big hurry to get home for there's no place like home when the Christmas wreath is glowing in the window. We are due right now to say our little piece—an old refrain it is true, but as warm and heartfelt as the first time we ever said it.

Merry Christmas

Clumstad's Clothing Store

Joy To All

Christmas is the one great event that transcends the bounds of any one country and embraces the whole world.

In much the same way there is no limit or bounds to our good wishes for you for a Merry Christmas.

A. C. Charter

To all the greetings

addressed to you

this Joyous Holiday Season

we add our own with the hope

your Christmas will be

a memorable one

GREETINGS

Central Garage

W. Symington, Prop.



"Let not one heart be sad today,
May every child be glad and gay,
God bless thy children, great and
small,

In lowly hut or castle hall,
And may each soul keep festival
At Christmastime."

Merry, Merry Christmas

■ ■ ■

Irma Sales and Service

Testing of Your Seed Grain

by highly trained experienced scientists. Now is the time to come for germination tests, free of charge, through your Alberta Pacific Agent.

The Alberta Pacific Grain Co. (1943) Ltd.



Food For Britain

MANY THOUSANDS OF PEOPLE in Canada, other parts of the Commonwealth, and the United States have for the past eight years been sending parcels of food to Great Britain in an effort to relieve the shortages which have been acute there during that time. Many of the parcels have been sent directly to relatives or friends of the donors, but there have also been numerous shipments of food in bulk quantities, sent by governments and various interested groups for distribution in institutions and other places where there is need of it. Recently the British Ministry of Information published an article dealing with this subject, and giving a number of interesting facts and figures concerning these gifts of food which, in the words of the British writer "have been sent in an ever-increasing flow by donors in all parts of the Commonwealth and the United States."

Great Number From Canada Since 1940 over fifty million gift-parcels of food have been received in Britain. The greatest number sent from any one country has come from Canada, Canadians having sent a total of over eleven million. The next greatest number came from the people of the United States, who have sent close to one half million parcels since 1940. Those together with gifts from other parts of the British Commonwealth have swelled the total number of packages received until the end of August, 1948, to fifty-one and a half million. In 1940, one and a half million individual food parcels reached Britain; while last year, these numbered fourteen and a quarter million. In addition to parcels sent by individual donors, the Commonwealth countries and the United States have sent more than 106 million pounds of gift food in bulk during the past two years. All food received in this way is distributed to hospitals and charitable institutions and care is taken to see that it reaches the needy, the sick and the aged.

Anxious To Share Food Those who send food parcels to Britain or participate in the sending of bulk gifts, do so because they are aware of the shortage which exists there and are anxious to share the generous food supplies which are obtainable here with the British people. Few of these donors would wish to be thanked for what they do, but it is interesting to learn that recently a "thank you" exhibition was opened in London by Mr. John Strachey, the Minister of Food. This exhibition included a series of photographs showing how gifts of bulk food are collected and packed and the manner in which they are distributed in Britain among the aged and the needy. They also showed "something of the deep gratitude felt by all those who receive the welcome parcels from overseas." While it is to be hoped that the food situation in Britain will greatly improve before long, it is also to be hoped that the splendid generosity shown by this and other countries during the past eight years, will continue as long as there is need for it.

FARM QUARANTINE TO STOP RING ROT

NEW WESTMINSTER, B.C.—Lower Mainland hunters may encounter a new type of "no hunting" sign next year. It will be signed by the Provincial Government and really means business.

B.C. Potato Growers endorsed a motion here that would isolate all fields infected with ring rot, so the disease could not be carried from one farm to another.

DRILLING CONTRACT LET IN NORTH

ELGIN FLON, Man.—Rod McLean, diamond drill contractor, said that he had accepted a contract to drill 2,000 feet of ore on the north end of Beaver Lake for the International Nickel company.

Drilling operations will get under way as soon as the ice on Beaver lake is of sufficient thickness to allow transportation of machinery to the new find.

FUNNY And OTHERWISE

The judge was just about to deliver his judgment in the case when he noted that there were only 11 men in the jury box.

"Where is the twelfth jurymen?" asked irritably.

"That's all right, yer honor," the foreman answered genially: "he was called away on business, but he left his verdict with me."

Tragedian: "My parents tried hard to keep me from becoming an actor."

Comedian: "I congratulate them on their success!"

A doctor was called in to see a very ugly patient. "Well, what's the matter?" he asked cheerfully, as he entered the bedroom.

"That," snapped the sick man, "is for you to find out!"

"I see," said the doctor thoughtfully. "Well, if you'll excuse me, I'll go along and fetch a friend of mine—a veterinary surgeon. He's the only fellow I know who can make a diagnosis without asking questions."

"Do you ever have a difference of opinion with your wife?"

"Frequently, old man. But she doesn't know it."

The marbles tournament was in full fury. One little boy had missed an easy shot, and let slip a real curse word.

"Edward!" called a preacher from the spectator's bench. "What do little boys who swear when they are playing marbles turn into?"

"Golfer," was the reply.

"Talk about persistence. Three times he asked me to kiss him and three times I refused."

"Then what happened?"

"Oh, well— one can't go on like that!"

Mother: "You were a very tidy boy to throw your orange peel on the floor of the bus. Where did you put it?"

Johnny: "In the pocket of the man next to me."

Judge: "Could the motorist have mistaken you?"

Man: "He certainly could, your honor. He had the choice of hitting me or my wife, and he picked on me."

In Saskatchewan, the loneliness is going, with power farming and urban dwelling. I saw pictures in the last copy of the Saskatchewan News to prove my point. They showed three fine-looking young girls who were as good as any city girls might have, and certainly fit for Island Park Drive anything. I remember little Sturgis, a poor village back in

When Your BACK Begins to Ache
REACH FOR DODD'S KIDNEY PILLS

DODD'S KIDNEY PILLS
TREATMENT FOR KIDNEY DISEASE
FOR ALL AGES

Because Backache is often due to an upset kidney condition.

Dodd's Kidney Pills help to treat the kidneys. Get Dodd's Kidney Pills today at any drug counter. Look for the blue box with the red band. You can depend on Dodd's.

2807



CANADIANS AWARDED CROIX DE GUERRE—Group Captain L. K. B. Hodson, who received the Croix de Guerre recently, is shown with his wife, (left), after presentation at Toronto home of Paul Martin, French Member of the Canadian armed forces here honored with Col. Gilbert André, French military attaché, making the presentation. FO. R. Burns, shown with Mrs. Burns, (right), received Croix de Guerre.

An Easterer's View

The Prairies Come Back In More Ways Than One

The following is an article written by Austin F. Cross, appearing in his "Cross Town" column in the Ottawa Evening Citizen, and no explanation as why he describes a trip to our fair Western provinces.

I CAME back from a 3,500 mile trip to Saskatchewan with my faith in Canada renewed. The more I travel in Canada, the more I am convinced of the indefatigable optimism there is in this country. The west should be the first place to cry havoc, since by comparison, they have so little, the east so much. But to hear them tell it, that's not the way they feel. They are, if anything, more than a little sorry for us.

The tendency in this part of the world often is to look toward the States, see how big and rich they are, and remote we are, and thus develop an inferiority complex. Then it goes further, and we sometimes get blue about the future. There is none of that in the west.

As far as you travel across Canada, at least as far as Saskatchewan, you get the impression that many live die without so much seeing the States. Though it abides the own prairie frontiers, many never even thought it a thought. Minneapolis is remote, and the contiguous cities of Fargo, Bismarck and Minot, seem small potatoes alongside Winnipeg, Regina and Moose Jaw, to say nothing of Brandon. Further west, of course, Butte is its fading glory is no match for Calgary, while both Billings and Great Falls combined can be mentioned in the same breath as Edmonton. Nor is there anything in Sioux Falls, South Dakota, that comes within a donkey's bray of being as good as Saskatoon.

There is a fine spirit in the west. Sometimes it concentrates in a single oil-well, sometimes it is so diffused which is all to the good, I point to that chuckwagon operation by Calgary in Toronto to show where western spirit will take you. The prairie fellow throws his cap over the dam and doesn't give one either.

However, the spirit is finer and deeper than cowboy antics during a football final. There is a real optimism out there about the future and to them it is unthinkable that there should be any other attitude. It used to be a commodity of next year's crop; to the effete easterner, I should explain this. When a man was growing a crop, he might see one whole year's work go in one dry afternoon, or in ten minutes' hail. Instead of being disgusted, pulled up stakes, he would shrug his shoulders philosophically and say: "Never mind, we'll get a good crop next year."

The west has done well recently, and thus has become a land where the superlative adjective is in the true adjective. In Manitoba, the farmer is more contested as electrical devices take the place of back-breaking work. In fact Premier Campbell gives credit to rural electrification for keeping the boys and girls on the farm.

In Saskatchewan, the loneliness is going, with power farming and urban dwelling. I saw pictures in the last copy of the Saskatchewan News to prove my point. They showed three fine-looking young girls who were as good as any city girls might have, and certainly fit for Island Park Drive anything. I remember little Sturgis, a poor village back in



Western Farmers Providing A Safeguard Against Any Recession

WINNIPEG.—The western farmer, producer of most of Canada's exportable food surplus, is keeping a flow of money into the Canadian economy and providing about the surest safeguard against any bad recession.

As a part of this, he is doing all right himself. Across the prairies one hears stories of wheat cheques to individuals, farmers running to \$10,000 and more, of others carrying around in their work clothes creased and greasy cheques in four figures which they haven't bothered to cash. Many are holding one or even two years' wheat crops unsold, regarding them as so much money in the bank.

Much of this money is being saved because there is only a limited supply of heavy goods such as grain and farm machinery, on which to spend it, and it is this surplus which will stand in good stead in less expansive days.

While much is being saved, much also is going into circulation for farm repairs and modernization, or purchase of more land. In many places the farm letting is turning from the old-fashioned range to a certified planned layout—with an aim to save from rural electrification and modern fuels.

Across the provinces departments of agriculture and universities as well as farmers themselves, are giving thought to keeping farming on a profitable level.

Alberta officials see a good present trend towards an increase in forage

wonderful restoration possible. The prairies have bounced back like a rubber ball, and they are a wonderful thing to see.

But don't measure the west in present terms by the cost of car loadings. They have the spirit, and you have no machinery yet devised by scientists to measure that. I returned like a man re-vitalized by a new faith. Maybe I was a rundown battery that needed boosting anyway. But one trip to the west, and you feel that your eyes have seen the glory of a far finer tomorrow, and that the last century is right after all, and that this, the 20th century, will be Canada's without a doubt.

Yes, this Canada of ours has what it takes.

crops, feed crops for livestock which do not deplete the land like wheat. Saskatchewan is somewhat concerned over a growth in wheat acreage, but has underway an intensive study designed to bring about the use of land for the crop for which it is best suited. Manitoba sees itself in a more stable condition agriculturally than Saskatchewan or Alberta, because of smaller farmers and more diversified crops.

Mechanization and larger farms in some instances, and more intensive use of the soil in others, are expected to lead to more efficient and larger production, with emphasis on quality and grading, and this raises the question:

"If we raise more food can we sell it?"

Generally the reply is believed to be "yes" for several reasons:

1. Increased population both in Canada and the United States, particularly in the United States.

2. Increased industrialization in both countries which leads not only to greater demands for the higher-priced food.

3. Belief that the United States is close to the limit, under present circumstances, of its agricultural production and that she will have to turn more and more to Canada for food, just as she is doing for minerals.

4. Because much of the world is hungry and it is inexpedient politically, aside from humane reasons, to allow it to remain so.

BUSY THOROUGHFARE
Threadneedle Street, a busy thoroughfare in London, England, received its name from the Merchant Taylor's Company.



New...
for fast baking



keeps in the cupboard!



No more dashing down to the store at the last minute! Now—with New Fleischmann's Royal Fast Rising Dry Yeast you can bake any time—in quick time. This new granule form needs no refrigeration—keeps fresh in the cupboard for weeks; always right there when you need it! You can depend on it for quick baking—delicious baking results! IF YOU BAKE AT HOME—order a month's supply of New Fleischmann's Royal Fast Rising Dry Yeast today.

By Les Carroll



By Les Carroll

SURE, BUT HE DIDN'T WORK HIMSELF TO A FAZZLE GETTING HIS HAIR CUT BY HIMSELF! NO, HE TOOK CARE OF IT BY HIMSELF.

BY LES CARROLL

BURMA: LAND OF THE FROZEN FIRE

Asiatic Town Heart Of Ruby, Sapphire Mining Area



MINING FOR RUBIES—Left: Water washes gravel from pit mine's sides into pool at the bottom. Centre: The resultant ooze is now pumped up into a basin. Right: From there the gravel is sifted very carefully for possible gems as it is washed down a trough into a stream.

By WALTER BRIGGS
Central Press Canadian

MOGOK, Burma.—Have you ever wondered when fingerling a ruby ring or admiring a sapphire brooch just what these gorgeous gems originate?

Mogok is in a small valley surrounded by mountains in Mogok—a town of frame houses on stilts along narrow cobblestone streets which slope toward two small blue lakes. About 400 feet above sea level, Mogok is roughly half way between the Irrawaddy river—of Kipling fame—and the famous Ledo road to China.

Mogok is second in size, which the Encyclopedia Britannica calls "the most valued of all gemstones," and sapphires, which are only slightly less valuable.

Gems mining is Mogok's sole justification. It is the townspeople's chief preoccupation. "Ruby Town Health Home," says the sign—so if to emphasize this preoccupation — on the office of the bearded Sikh, who is Mogok's local physician.

My guide here is a retired British army officer, Maj. C. M. Enriquez, 64, a student of Mogok folklore and gems. He had written often on Burma, including books with such titles as A Burmese Arcady and Beautiful Burma.

The nearby mountains are part of the earth's original crust, Enriquez said, and are among the oldest in the world.

"The gems and other minerals—such as garnet, graphite and mica—were wrought by tremendous pressures of the earth's primeval conflagration," the major explained to me. Then added: "The ruby deposits have only been scratched."

It was dark and shrouded. A

Burmese royal edict in 1897 refers to the mines. The major believed that they probably were discovered by immigrant Chinese.

Several of antiquity's famous gems may have come from Mogok, Enriquez said. "To our knowledge a stone like the great spinel in the Maltese cross of the British Imperial crown, which was given by Pedro the Cruel to Edward, the Black Prince, could have come from Mogok."

Rubies are also mined in Siam, Ceylon, India and Afghanistan. A few are found at Yogo Gulch, near

Utica, Mont., and Cowee Creek, Ma-

con county, N.C. However, these mines are smaller than Mogok's and the rubies are said to be inferior.

People know the size of the heaviest ruby ever discovered. The mines formerly were a monopoly of the Burmese kings, who claimed all stones over a certain weight. To avoid their seizure by royal inspectors, miners cut up large ones.

Mindat, next to last of Burma's kings, possessed a ruby the size of a man's egg, which he hid from the eye of his workmen.

The heaviest known modern ruby is the Peace Ruby, discovered Nov. 11, 1918. It weighed 43 carats in its raw state, 24 carats cut—about the size of the marbles kids flip into the hill streams far above was played on the pit's walls. Mud and ooze fell into a pool at the pit's bottom.

This mud was dumped up a steel pipe into a wooden trough where workers deftly "sortied" it for the gleaming stones. From time to time we saw a workman pop a stone into a cup of bamboo stalk.

Women re-examined the mud for small gems which are sold for watch jewels or embroidery or "construction" rings.

The mines are worked mainly by Shans, the natives of the region, who wear towels around their heads like women at the hairdresser's.

Nearby, other miners were employing other methods. In one method, the myaw, they merely diverted a stream into a shallow trench.

In the two or well, method they dug holes about the diameter of a manhole 30 or 40 feet deep, then burrowed laterally like moles.

On other sites workers were digging a lu, or tunnel, into hillsides following natural crevices, which occasionally open into vast caverns.

The next time you drop into "Tiffany's" or your hometown jeweler's for a ring of the lacy gold to cover up the rubies and sapphires, for the stones quite probably came from here.

There he insured the bag—for 600,000 rupees."

Rubies and sapphires originate in the hard marble and limestone. They are usually hidden in gravel, carried into the valleys during millions of years of erosion.

A mine I visited was a pit about as wide as a city street and as deep as a two-story house. Racing through bamboo pipes, water from hill streams far above was played on the pit's walls. Mud and ooze fell into a pool at the pit's bottom.

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TWO-YEAR TRIP AIDS TEACHER OF GEOGRAPHY

VANCOUVER.—Geography lessons are going to be particularly enthralling for one class of Sapperton, B.C., students this year.

For a teacher they have 21-year-old Lucy Varty, whose first-hand knowledge of the remote places of the earth rivals that of many of an old salt.

One night he threw a big fare-well party at the club, at which we noticed he continued to clutch a small leather bag. Accompanied by a heavy guard, he drove late that evening down to the Irrawaddy. A special boat whisked him, still guarded, to Mandalay.

"The guards stayed with him on the train to Rangoon. When he ar-

ived, he was welcomed by Rev. John Antle's Rev. G. H. Riley.

Dr. Riley spent more than 50 years with the west coast natives, and now owns the "talking star" carried by Chief Shakes when he went to Queen Victoria's Diamond Jubilee celebration.

He recommends seeing an Indian woman whose head had been bound with cedar strips when a child so that it measured 16 inches from chin to crown.

GEMS OF THOUGHT

PRECEPTS
Precepts are the rules by which we ought to square our lives.

Seneca

The practices of good men are more subject to error than their speculations. I will, then, honor good examples, but endeavor to live according to good precepts. — Bishop Hall.

I can easier teach twenty what were good to be done, than be one or the twenty to follow mine own teaching.—Shakespeare.

Jesus' teaching and practice of Truth involved such a sacrifice as makes us admit its Principle to be Love.—Mary Baker Eddy.

God blesses still the generous thought, And still the fitting word He speaks, And Truth, at His requiring taught. He quickened into deeds.

—Whittier.

The best of all the preachers are the men who live their creeds.—Edgar A. Guest.

2805

Instead of putting another blanket on your bed put a sheet over those already on, it acts as insulation and doesn't add weight.

• • •

Frat Aid to a white mark or ring on your table top is linseed oil, or half-and-half linseed oil and turpentine.

Moisten with either and let it inci-

seal oil, warm, and rub the spot

thoroughly. Hot linseed oil is good for filling in scratches too.

• • •

If you aren't sure fried chicken is

done, cut through the leg muscle to the bone; if the meat cuts easily and there isn't any trace of red at the bone the chicken is well

cooked.

• • •

A human road runner can easily

outdistance a team of horses.

• • •

Canada Leads World With Speedy New Jet Airliner

Canadian designed and built the jet airliner being built at Malton, Ont., and expected to fly early next spring, puts Canada first in the field with the world's fastest commercial transport. Illustrated here, the aircraft, an Avro C-102 will have four jet engines, carry up to 40 passengers, and cruise at a speed of 400 m.p.h. up to 30,000 feet.—S.N.S. photo.

HEALTH

Obesity— A Disease

Obesity—the state of being overweight—is a disease and a dangerous one, it is stated in the current issue of "Health," magazine published by the Health League of Canada.

In an article—"Obesity and Health"—Dr. N. Obney of Toronto says that obesity is one of the great problems of middle age—it is a definite deterrent to health. It may be classified into two main types, namely the acquired or simple type and the endocrine type which is due to glandular disturbance. The acquired type is due to excessive intake of food or alcohol in relation to the amount of exercise.

Dr. Obney says that because of increased weight, muscular activity places a greater load upon the heart and the blood vessels. The result is that the heart works harder, and the blood pressure goes up to keep up the supply with the demand. Diabetes is associated with the obese than in persons of normal weight. The incidence of gallstones is relatively high in the obese persons, while individuals who are overweight are said to be less resistant to infections and are poorer surgical risks than those of normal weight.

Dr. Obney says the two types of obesity are due to constitutional, careful history, physical examination and laboratory tests before proper treatment can be administered to the patient. He reveals that women are more predisposed to obesity than men in the ratio of 10 to 1, owing to pregnancies, lack of exercise, menopause and food habits.

Obesity does not cause obesity. Dr. Obney states that this type is usually the result of the consumption of a high calorie diet in excess of energy requirements. He warns, however, that overweight persons should not stick to any diet too rigidly "because the body must have certain essential foods in order to remain healthy."

The regimens of many diet kitchens and often physicians' diet lists are frequently dominated by traditions and empirical notions." Dr. Obney says, "Many special diets are quite complex, unscientific, and often, if continued over a long time, are positively dangerous because of nutritional imbalance that induces deficiency conditions."

"In diet planning, one should adjust the diet to the individual, to the normal well-balanced diet except in certain diseases of metabolism in which the balance of specific dietary essentials must be radically altered from the normal. Except in special temporary treatment, it is important to include in the diet protective foods that will provide all the vitamins, minerals and sufficient good quality protein."

"In certain restricted diets and in diet planning, one should adjust the diet to the individual, to the normal well-balanced diet except in certain diseases of metabolism in which the balance of specific dietary essentials must be radically altered from the normal. Except in special temporary treatment, it is important to include in the diet protective foods that will provide all the vitamins, minerals and sufficient good quality protein."

"In the treatment of conditions of malnutrition, the feeding of pure vitamins or minerals may be indicated to insure an abundant supply, but to obtain quickly improved results, one should add to the diet a high intake of dietary essentials which are more likely to furnish the needed nutrients as well and be more pleasant to take."

Dr. Obney emphasizes that each obese person must be treated individually and his diet must be adjusted accordingly.

Helpful Hints

Instead of putting another blanket on your bed put a sheet over those already on, it acts as insulation and doesn't add weight.

• • •

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outdistance a team of horses.

• • •

Canada Leads World With Speedy New Jet Airliner

Canadian designed and built the jet airliner being built at Malton, Ont., and expected to fly early next

spring, puts Canada first in the field with the world's fastest commercial transport. Illustrated here,

the aircraft, an Avro C-102 will have four jet engines, carry up to 40 passengers, and cruise at a speed of 400 m.p.h. up to 30,000 feet.—S.N.S. photo.

Princess Margaret Rose Gets Laughs From Courtship Rumors

By NORMAN CHIDRENS, Canadian Press

LONDON.—Since Margaret celebrated her 17th birthday more than a year ago, gossip has been busy with the names of no less than nine men as likely husbands. They are: Prince Michael of Romania, Prince George of Denmark, the Marquess of Milford Haven, the Marquess of Blandford, the Earl of Derby, the Earl of Dalkeith, Lord Porchester, Lord John Hope, son of the Marquess of Linlithgow, and Lord Ogilvy.

Lately the list has been thinned down to Michael and his wife, Princess Margaret, and the Marquess of Blandford has publicly denied he is courting Margaret.

When the Marquess of Blandford was invited to Balmoral last summer it was rumored he was being put through his paces as a possible royal husband. But since his return to Scotland, he has been escorting Princess Margaret to Balmoral.

The Marquess now is described as one of Princess Margaret's best friends—nothing more. The young Lords Porchester and John Hope also have been relegated to this category.

Most favored at present is the gay, good-looking Marquess of Milford Haven, who was the Duke of Edinburgh's best man at the Duke's wedding.

A former naval officer, he recently went to the United States as a radio-telegraph salesman.

Royal circles believe Margaret has no favorite at the moment. But inevitably, every month goes out with a young man's name started. Friends say she laughs at most of these rumors but is irritated when gossip writers "go too far."

Newest Gadgets Very Definite Help To Blind

NEW YORK.—A blind man can now thread a needle.

With latest gadgets he can also play cards, checkers, go fishing, cook, eat a roast, even read a slide rule or a microscope, to name a few.

These devices by which the blind can expand their vocational and recreational horizons are on display at New York headquarters of American Foundation for the Blind, which acts as a clearing house for information on such gadgets.

Much of the equipment has been developed and redesigned by blind people themselves and now is commercially produced.

Charles Ritter, foundation supervisor of technical research, displayed a plastic and metal needle threader. It automatically aligns needles so a metal hook, operated by a metal strip protruding from the end of the threader, can pass through the eye into the slot which receives the thread.

How does the blind housewife separate an egg? Simple. She uses a funnel which retains the yolk and allows the white to slip through.

Many Names Suggested For Royal Baby

LONDON.—Why not call him Jake?

The Evening News, one of the newspapers conducting a poll on the most popular name for the Prince born to Princess Elizabeth and Prince Philip, said that entry had come from Chicago.

"You can't imagine King Jake the First?" Frankly, nor can I," said the Evening News columnist.

What names the baby will be given is not yet known, but guessing game, Buckingham Palace sources said, it is foolish even to guess.

But people everywhere are willing to help with suggestions.

The newspaper polls say the favorite names are Philip, for the father; George for the King; and Edward for the Duke of Windsor. Among these, Philip is running first.

Other English housewives suggested "Franklin" Edward Andrew Christopher Ernest.

"The first letters of these names spell P-E-A-C-E which is what every mother wants," she wrote.

Other suggestions have been Winston Churchill and Franklin Delano.

MONTANA CATTLE CHEW UP DYNAMITE

HILLINGS, Mont.—Montana livestock have been munching dynamite and fence posts.

Deputy Harold Price brought 78 sticks of dynamite to the sheriff's office here, saying it apparently had been scattered along a highway after it fell from a truck.

Price said a farmer reported his cows ate several sticks and a mother said children brought 14 sticks into her yard.

Another farmer reported neighbor's horses had eaten a fence consisting of cedar posts.

Smile of the Week—

NOT NOW

The customer was ordering a new suit. His tailor, however, told him it would not be ready for six months.

"Six months!" cried the customer.

"Why the whole world was created in six days."

"True," said the tailor. "But have you taken a good look at it lately?"



LAST MINUTE GIFT GUIDE



Choose your last minute gifts from these suggestions. You will find something here to please everyone on your list.

SOME ACCEPTABLE GIFTS FOR THE LITTLE ONES

INSUL PAK PARKAS

Oh so warm! Sizes 2, 4, 6. Good padded for trim hoods. Special **8.95**

SWEATERS

Neat little sweaters for the 2, 4, 6 years, in wool and interwoven. **50¢ to 2.95**

MISSES' NOVA SILK PANTIES

All sizes 2-14. Good quality and well made. Priced from **59¢ to 69¢**

SMALL HANDBAGS

Over-shoulder bags, hand bags. Come in all color plastics. Priced from **79¢**

MEN'S SWEATERS

Fancy and plain undercoat sweaters. Jumbos, handy work sweaters. You can find something here to suit you. Priced from **4.95**

MEN'S PARKAS

What a gift and what a garment for prairie weather. Warm insulated garments for work or for sport. Priced from **14.95**

MEN'S SHIRTS

Men's Sport Shirts in alpine and spun. Plain and fancy patterns. Priced from **3.98**

Men's Print Shirts. Sanforized, four-fused collars. All cello wrapped. At **3.75**

Arrow Shirts. A limited number of these good quality shirts. Priced from **3.95**

Zero Mole Shirts. G.W.G. made. Almost all sizes. **4.50**

WRITING PAPER

Nicely boxed gift that is inexpensive and popular. From **25¢**

LADIES' SLIPPERS

Cozy, warm slippers in several styles. Priced from **1.19**

HANDKERCHIEFS

Swiss boxed handkerchiefs, three in a box. Priced from **65¢**

TABLE CLOTHS

You will like these new rayon cloths. They look swell and are so serviceable and colorful. Sizes 36x36, 52x52 and 52x68. Priced from **2.19**

BOYS' CAPS

Sturdy school pants or tweed fancies for the festivities. Per pair, from **1.95**

BOYS' PANTS

Warm ski caps in plain colors or fancy patterns. Priced from **.79¢**

BOYS' SWEATERS

Warm wool pullovers, lovely wool jackets, V-neck pullovers. Priced from **2.85**

BOYS' SHIRTS

Warm deeskin shirts with two-way collars. **1.95**

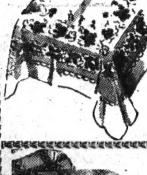
California Double-Dater sport shirts. **2.98**

Limited range Arrow print shirts, from **1.75**

All wool Sporter shirts **5.95**

Overshoes

For the snowy days ahead. Overshoes for the family. Men's, boys', girls' and women's. In cashmereette or rubber. Women's dress velvet numbers at special prices.



WOOL SUITS

For the 2, 3 & 4 year old boy. All wool jersey and knickers in blue, red and yellow. Per suit **2.69**

FELT SHOES

Cozy, warm felts, all wool, with felt sole. White foxing, colored mouton cuff, red and blue. Sizes 6 to 8. Pr. **2.95**

SNOW SUITS

Insul pak snow suits. Red gabardine shell, zipper front, green trim; pants are gabardine with warm eiderdown lining in green. Reg. \$14.95. On sale **10.00**

HICKOK DRESS ACCESSORIES

Any of these would make a smart, inexpensive gift. Key Chains, Wallets, Cigarette Cases, Key Cases, Collar Bars, Tie Clips, Etc.

MEN'S DRESS SOCKS

Dress socks in fancy patterns. All good wool numbers from the best makers. Plain colors as well. All sizes. Priced from **89¢**

CURRIE CRAVATS

Gift Ties in boxes. In plain colors, subdued patterns and dazzling bright ones. Something you and he will like here. Priced from **1.00**

MEN'S PANTS

Smart occasional pants in new wools, tweeds, worsteds. You will need a pair for the festivities. All sizes. Priced from **6.50**

BED THROWS

Lovely wool bed throws, satin bound. Priced from **8.45**

TOWELS

A limited range of towels at popular prices. Boxed or bulk. Per pair, from **1.00**

LADIES' GLOVES

Warm wool ones, fleecy lined capeskin and unlined cape gloves. Priced from **1.25**

LADIES' SWEATERS

Some nice things in Monarch knit all wool jumpers, pullovers and coats. Priced from **2.95**

LADIES' LINGERIES

Van Roalte and Nova silk vests and panties. Priced from **79¢**

Barbara S. and Orange Blossom slips. Priced from **1.69**

Nightgowns. Van Roalte and Stanfield's, rayon. From **2.59**

LADIES' FLANNELETTE

NIGHTWEAR

A limited number of these cozy, warm Printex night garments. Woolette nightgowns, woollette pyjamas, plain white gowns in medium, large and oversize.

Priced from **2.69**

MEN'S JACKETS

For a gift or for yourself. A dazzling array of men's jackets for work or for play. Warm, practical garments. Lots to choose from. Priced from **4.95**

MEN'S SUSPENDERS

Hickok all-elastic suspenders. Also narrow leather novelties. All boxed. Priced from **1.00**

HICKOK BELTS

Hickok high grade belts in Christmas boxes. All sizes and all kinds. Priced from **1.50**

MEN'S SCARVES

In wool, in spun, in rayon. Bright and gay. From **1.50**

Handkerchiefs, Garters, Arm Bands, Gloves, Garter Sets, Slippers

You can find something here

MITTS

Ski mitts. Warm mitts in leather, Buntex and wool. Priced from **.89¢**

KNITTING YARNS

Still a nice range of yarn for the lady who has some Christmas knitting in mind. Scotch Fingering, Victory, etc.

LADIES' SCARVES

Woolknit, cashmere, spun and sheer scarves. Some are warm, all are gay. Priced from **.98¢**

LADIES' NYLONS

Orient and Supersilk super nylons, and gift boxed, too.

42 gauge, pair **1.39**

45 gauge, pair **1.65**

51 gauge, pair **1.95**

What About: Wool Blankets, Pillow Cases, Sheets, Indian Blankets, Print Lengths, Aprons in seersucker and plastic. Plastic Table Cloths. Ski Pants, Sport Jackets, Parkas, Dress Shoes, Overshoes, Spectator Boots.

Christmas FOODS THRIFT-PRICED

NUTS—Last call, limited quantity, get them now.

Soft Shell American Walnuts, lb. **.59¢**

Lovely full kernel Filberts **2 lbs. .89¢**

Pecans, large, soft shell, lb. **.59¢**

POPPING CORN—South American large kernel **2 lbs. .29¢**

CHRISTMAS CANDY, Satin Cushions, Creams and Jellies.

Coconut Cubes and Waffles, Ladies' Caramels **45¢ 49¢**

Lowney's 5-lb. pails Hard Candy **2.49**

WEST CHOCOLATES. A limited amount of Ganong's, Neilson's

Lowney's, fancy boxes, priced from **1.25**

West Chocolates, 1 lb. celo pack, per bag **.95¢**

PINEAPPLE, choice Australian pieces, 20 oz. tins **2 for 79¢**

SHELLED NUTS, Brazil, Almonds, Walnuts, celo packed.

MINCEMEAT, good mince meat in bulk, glass jars or tins.

HOT CHOCOLATE, Staffords hot super-chocolate **.35¢**

FRESH Oranges, Grapefruit, Grapes, Celery, Lettuce, Tomatoes, etc., for your Christmas Dinner.

J. C. McFARLAND CO.

Irma